HQ Recreational Dance
Fall 2026-2027

Contact Diana Sutphen at Sutphen@HqFit.com or 908-782-4009 ext 228 with any questions!

* Mini Movers MUST be potty trained **(#) = Studio Number**

Programs by age	Monday	Tuesday	Wednesday	Thursday	Saturday
Dance With Me 12-36mo	**11:15-11:45am (2)** **Miss Kayla**	**10:30-11:00am (2)** **Ms Stephanie**			
Mini Movers 3yrs old	**4:30-5:00pm (3)** Ms Annette	**9:30-10:00am (2)** Ms Stephanie	**4:30-5:00pm (2)** Ms Diana		**9:15 - 9:45am (2)** Ms Annette
4/5 years old	**5:30 - 6:15 (2)** Tap - Ms Annette	**4:30-5:15 (2)** Tap - Ms Annette	**4:30-5:15 (4)** Jazz- Ms Nilza **5:30 - 6:15 (2)** Ballet - Ms Diana	**4:30-5:05 (4)** Musical Theater - Ms Tara **5:30 - 6:15 (2)** Creative Movement - Ms Megan	**10:15-11:00 (releve)** Ballet - Miss Kayla **11:00-11:45 (2)** Tap - Ms Annette
6-8 years old	**4:30-5:15 (4)** Ballet - Ms Maryann **5:30 - 6:15 (4)** Hip Hop - Miss Seraphina **5:45 - 6:30 (3)** Musical Theater - Ms Tara	**5:30 - 6:15 (2)** Tap - Ms Annette	**5:30 - 6:15 (4)** Jazz- Ms Nilza **6:30 - 7:15 (2)** Bollywood - Ms Nisha	**5:05-5:50 (4)** Musical Theater - Ms Tara **6:15 - 7:00 (2)** Hip Hop - Miss Evelyn	**9:15-10:00 (4)** Ballet - Miss Kayla **10:00-10:45 (2)** Tap - Ms Annette **10:00-10:45 (4)** Lyrical - Ms Megan
8-12 years old	**4:30-5:15 (2)** Hip Hop - Miss Seraphina **5:45 - 6:30 (3)** Musical Theater - Ms Tara	**4:30-5:15 (4)** Ballet - Ms Maryann **6:30 - 7:15 (2)** Tap - Ms Annette	**6:30 - 7:15 (4)** Jazz- Ms Nilza **6:30 - 7:15 (2)** Bollywood - Ms Nisha	**5:05-5:50 (4)** Musical Theater - Ms Tara	**11:00-11:45 (4)** Lyrical - Ms Megan
Adult Classes 12+ yrs	**10:30-12:00n (4)** Beginner Ballet Ms Maryann	**5:30 - 7:00pm (4)** Int/Adv Ballet Ms Maryann	**10:00-11:00am (2)** Tap - Ms Annette	**10:30-12:00n (4)** Intermediate Ballet Ms Maryann	***Adult Bollywood with Ms Nisha FRIDAYS 10:45-11:45**

HEALTHQUEST FITNESS CLUB

No Class Days

Halloween, Sat October 31st - **No Class after 12 noon**
Wednesday, November 25th - **No Class after 12 noon**
Thanksgiving, Nov 26th - 29th - **No Class**
Winter Break, Dec 24-Jan 1st - **No Class**

MLK day - January 18th - No Class
Presidents Weekend, Feb 12-15 - No Class
Spring Break, Mar 26-Apr 3rd - No Class
Memorial Weekend, May 28-31st - No Class

Classes end June 11th, 2027!

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